

outsle further defining an aperture in the heel section extending from the upper surface to the opposite lower surface; and

a resilient, deformable first cushion disposed in said aperture, with a upper cushion surface of said first cushion disposed at a region of the upper surface of the outsole in the heel section and a lower cushion surface of said first cushion disposed at a region of the lower surface of the outsole in the heel section,

said first cushion being adapted to deform and flow toward the floor or ground surface under the wearer's weight and force of heel strike, and

the lower surface defining a recessed region disposed around the aperture, the recessed region serving to position said lower cushion surface of said first cushion spaced above the floor or ground surface, including when said first cushion deforms and flows under the wearer's weight and force of heel strike.--

--5. (Twice Amended) The shoe according to claim 1 wherein the lower surface of the outsole has at least one groove formed therein to enhance the flexibility of the outsole.--

--6. (Twice Amended) The shoe according to claim 5 wherein the outsole has a width, and at least one of said at least one groove substantially traverses the width of the outsole.--

--7. (Twice Amended) The shoe according to claim 5 wherein the outsole has a perimeter, and at least one of said at least one groove has a closed-loop shape substantially parallel to the perimeter of the outsole.--

--8. (Twice Amended) The shoe according to claim 5 wherein the at least one groove has a substantially semi-circular shape.--

--10. (Twice Amended) The shoe according to claim 1 or claim 9, wherein the upper surface of the outsole has a grid pattern formed therein to enhance the flexibility of the outsole.--

--11. (Twice Amended) The shoe according to claim 1 wherein the first cushion includes a protrusion that protrudes through the aperture at the region of said opposite lower surface of the outsole.--

--13. (Twice Amended) The shoe according to claim 1 or claim 12, wherein the first cushion further comprises a flexible, resilient sheet.--

--17. (Twice Amended) The shoe according to claim 1 wherein the outsole defines a plurality of apertures.--

--18. (Twice Amended) The shoe according to claim 1 wherein the outsole further comprises a sidewall along the heel section of the outsole, the sidewall including a cut-out portion.--

--19. (Twice Amended) The shoe according to claim 18 wherein the cut-out portion is a slot.--

--20. (Twice Amended) The shoe according to claim 18 further comprising a second cushion disposed in the outsole adjacent to the cut-out portion.--

--21. (Twice Amended) The shoe according to claim 20 wherein the second cushion deforms and flows outwardly at the cut-out portion during heel strike.--

--22. (Twice Amended) A shoe comprising:

an outsole having an upper surface, a lower surface, a heel section, and a sidewall along the heel section, the outsole further defining an aperture in the heel section extending from the upper surface to the lower surface and a cut-out portion in the sidewall;

a resilient, deformable first cushion disposed in said aperture, with a upper cushion surface of said first cushion disposed at a region of the upper surface of the outsole in the heel section and a lower cushion surface of said first cushion disposed at a region of the lower surface of the outsole in the heel section; and

a resilient, deformable second cushion disposed on the upper surface of the outsole in the heel section,

said first cushion being adapted to deform and flow toward the floor or ground surface under the wearer's weight and force of heel strike, and said second cushion being shaped to deform outwardly at the cut-out portion; and

the lower surface defining a recessed region disposed around the aperture, the recessed region serving to position said lower cushion surface of said first cushion spaced above the floor or ground surface when said first cushion deforms and flows under the wearer's weight and force of heel strike.--

--23. (Twice Amended) The shoe outsole according to claim 22 wherein the first cushion includes a protrusion that protrudes at the aperture.--

--26. (Amended) A shoe comprising:

an outsole having an upper surface, an opposite lower surface, and a heel section, the upper surface being positioned relatively closer to a wearer's foot and the lower surface being positioned to engage upon a floor or ground surface when the shoe is worn during walking, the outsole further defining an aperture in the heel section extending from the upper surface to the opposite lower surface; and

B4 a resilient, deformable first cushion disposed in said aperture, with a upper cushion surface of said first cushion disposed at a region of the upper surface of the outsole in the heel section and a lower cushion surface of said first cushion disposed at a region of the lower surface of the outsole in the heel section, the first cushion comprising a polymeric, gelatinous material;

said first cushion being adapted to deform and flow toward the floor or ground surface under the wearer's weight and force of heel strike;

the upper surface including a recessed region disposed around the aperture, for receiving the first cushion; and

the opposite lower surface defining a recessed region disposed around the aperture, the recessed region serving to position said lower cushion surface of said first cushion spaced above the floor or ground surface when said first cushion deforms and flows under the wearer's weight and force of heel strike.--

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Please add claims 27-29, as follows:

--27. (New) The shoe according to claim 26 wherein the outsole further comprises a sidewall along the heel section of the outsole, the sidewall including a cut-out portion.--

B7 --28. (New) The shoe according to claim 27 further comprising a second cushion disposed in the outsole adjacent to the cut-out portion.--

--29. (New) The shoe according to claim 28 wherein the second cushion deforms and flows outwardly at the cut-out portion during heel strike.--

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